

ABSTRACT OF THE DISCLOSURE

A phase-change optical recording medium includes  
a phase-change optical recording film that permits  
reversible phase change between a crystalline phase and  
5 an amorphous phase upon irradiation with light, and an  
interface film formed of hafnium oxide, or a mixture of  
hafnium oxide and at least one oxide selected from the  
group consisting of cerium oxide, titanium oxide and  
zirconium oxide, and formed in contact with at least  
10 one surface of the phase-change optical recording film.